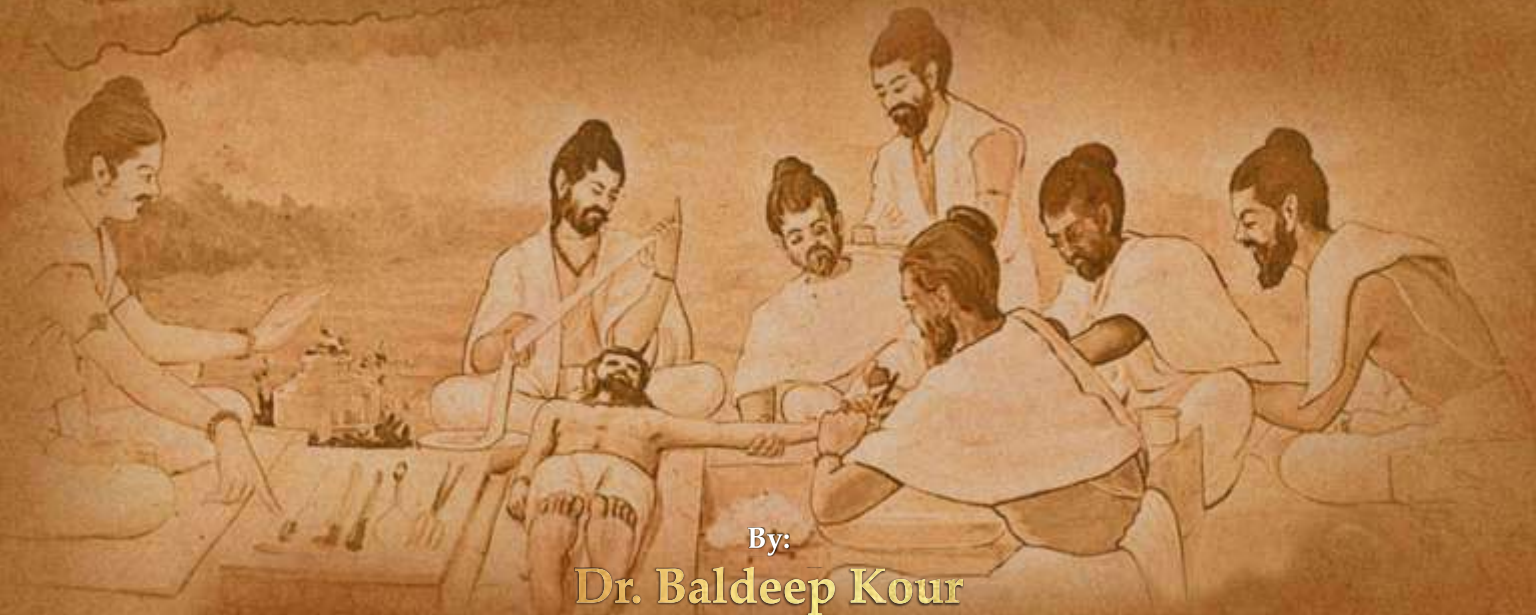
AYURVEDA

FOR HEALTHY LIVING

Basic Principles of Ayurveda (The Science of Life)



By:

Dr. Baldeep Kour

B.A.M.S, Dip. in Naturopathy & Yoga

Founder & Chief Ayurveda Consultant-DEEP AYURVEDA

Index

LORD DHANWANTRI

Preface.....01
About Deep Ayurveda.....02
About Founder & Co-Founder.....03
Introduction of Ayurveda.....04
History of Ayurveda.....05
Eight Branches of Ayurveda 06-13
Defination of Health Acording to Ayurveda.....14
Theory of Pancha Mahabhuta 15-18
Sapta Dhatu 19-22
Mal-Waste & Agni Digestive Fire 23
Concept of Prakruti.....24
Know More About Your Prakriti (Body Type).....25-26
Ayurveda Body Type Analysis-Prakruti Pareeksha.....27-28
Tryo Stambh (Three Pillers) 29
Role of Ayurveda For Wellness.....30
Ways of Treatment in Ayurveda.....31-32
Ayurveda Surgery.....33
Myths on Ayurveda Medicine.....34
About Panchkarma Therapy in Ayurveda.....35-41
How long is a Panchkarma Treatment.....42
Ayurveda Training Program by Deep Ayurveda.....43
Few simple Routines for Healthy Living.....44-45

PREFACE

Ayurveda is the traditional medicine of India and the oldest system of Health Care in the world. A system of both preventative and curative medicine, it has been practiced for at least 5000 years and perhaps as long as 10,000 years.

Ayurveda -literally meaning the science of life is a comprehensive system of health care based on mainly experiential knowledge which passed from family to family or from teacher to student. The glimpses of therapeutic measures mentioned in Veda were expanded in Ayurveda with eight specialities. The knowledge expanded further with lying down of fundamentals and concepts of Ayurveda and systematization in classical texts like Caraka Samhita, Sushrut Samhita and Astang Sangraha. Present form of Ayurveda is the outcome of continued scientific inputs that have gone in to the evolution of its principles,theories and guidelines of healthy living and disease management; this reflects the pragmatic aspect of Ayurveda. Ayurveda attributes primary importance to preventive medicine and the maintenance of positive health.
The major preventive approaches for maintaining and improving the quality of life include individualized specific daily regimen seasonal regimen),behavioural and ethical consideration. Healthy lifestyle is emphasized as the determinant of longevity of life, which by and large depends on the Prakriti (bio-identity i.e. body -mind constitution) of an individual. Proper understanding of Prakriti leads the ayurvedic physician in making right diagnosis, prognosis and treatment plan and in guiding patients as well as disease-free individuals what do's and don'ts need to follow for restoration and maintenance of health.

Our main objective to write this book is to explain the basic principles & concept of ayurveda in very easy & brief way so that every individual can understand ayurveda with scientific approach and they can live a healthy and disease free life by adopting Ayurveda- The Science of life.

Dr. Baldeep Kour
B.A.M.S, Dip. in Naturopathy & Yoga
Founder & Chief Ayurveda Consultant-DEEP AYURVEDA

ABOUT DEEP AYURVEDA

DEEP AYURVEDA is a leading ayurvedic & Herbal company of India , Founded by renowned ayurvedacharya Dr. Baldeep Kour in 2007, DEEP AYURVEDA known as a authentic ayurvedic & herbal product's manufacturer & exporter while specializing in blending traditional ayurvedic knowledge with modern science for formulation & development of herbal medicine to counter health related challenges of modern lifestyle. Our Ayurvedic Medicine Manufacturing unit is equipped with the most modern state-of-art equipments Production unit having GMP certification and also registered with USFDA to meet international standards. Every ayurvedic & herbal product has been produced after a long clinical trial and researched by a team of ayurveda doctors' under the direction and supervision of Dr. Baldeep Kour by taking reference from anicient books of ayurveda.

Today DEEP AYURVEDA manufacturing more than 300 ayurvedic products and supplying & distributing the ayurvedic & herbal products all over the world in which major regions are Europe & USA, . DEEP AYURVEDA is also known for genuine ayurvedic treatments for life style related disorders as well as chronic diseases through its multi specialty chain of Ayurveda wellness Clinics in different part of India & abroad. Our main objective is to bring Ayurveda in line with main health care stream and to picture its scientific approach in modern & authentic manner to the world to develop faith in its efficacy & legacy globally. We take pride in bringing you the genuine & most authentic, safe ayurvedic/Herbal treatment, standardized & unadulterated herbal wellness products. We are also provide clinical traning in ayurveda & panchkarma to fresher ayurveda doctor or individuals who want to learn ayurveda.

ABOUT FOUNDER

Dr. Baldeep Kour is Founder & Chief Ayurveda Consultant of DEEP AYURVEDA. She completed her bachelors degree from the renowned health institute "Rajiv Gandhi University of Health and Sciences", Banglore, in 2006. She also completed her Diploma in N.D.D.Y. and C.C. in Panchkarma. Dr. Baldeep Kour has started practicing ayurveda in mohali in 2007, 11 years of persistent efforts she has successfully developed more than 100 patent ayurvedic medicine's formulations & compositions and become reowned ayurvedic doctor in India. At DEEP AYURVEDA, Dr. Baldeep Kour taking care of all assignments related to Clinic Operations, New formulations and Clinical research & training Programs related works. She also wrote articles for various newspapers and health magazines of India.

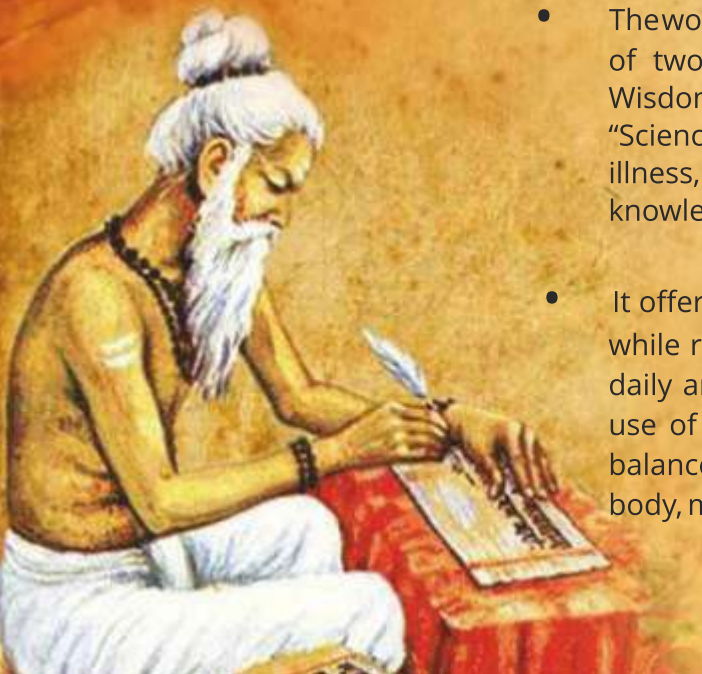
ABOUT CO-FOUNDER

Dr. Vishnu Datt Sharma is Co-Founder & CEO of DEEP AYURVEDA. He is a sales & marketing professional having more than 16 years experience in FMCG & Consumer durable Industry. With his futuristic vision & entrepreneurship skills, Today DEEP AYURVEDA touching new heights in ayurveda industry. All business operation, rolling out, promotional activities, marketing strategies managed by himself and implementing key marketing programs for ramping up revenue, monitoring & reviewing the existing mechanism gradations. Mr Vishnu Datt Sharma & Dr Baldeep Kour endeavors to be trend setting, world class globally present ayurveda wellness clinic offering genuine & authentic ayurvedic wellness services and herbal products to their customers enabling them to improve and maintain their health.

Dr. Baldeep Kour
Founder & Chief Ayurveda Consultant

Vishnu Datt Sharma
Co-Founder & CEO

INTRODUCTION OF AYURVEDA



- Ayurveda" is an ancient holistic system that originated in India more than 5,000 year ago. It is considered as the Upaveda of Atharvaveda (One among the 4 important Vedas).

- The word Ayurveda is from the Sanskrit language and composed of two parts:"Ayus" means Life,"Veda" means Knowledge, Wisdom, Science.Thus the term meaning can be translated as a "Science/Wisdom of Life". More than a mere system of treating illness, this is a science of life (Ayur = life,Veda = science or knowledge).

- It offers a body of wisdom designed to help people stay vital while realizing their full human potential guidelines on ideal daily and seasonal routines, diet, behaviour and the proper use of our senses, Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and spirit.

HISTORY OF AYURVEDA

BRAHAMA

DAKSHA PRAJAPATI

INDRA

Indra in turn taught Ayurveda to a group of assembled sages, who then passed down different aspects of this knowledge to their students According to tradition, Ayurveda was first described in text form by Agnivesha, named Agnivesh tantra. The book was later redacted by Charaka, and became known as the Charaka Samhita. Another early text of Ayurveda is the Sushruta Samhita, which was compiled by Sushrut, the primary pupil of Dhanvantri, sometime around 1000 BC. Sushruta is known as the Father of Surgery.

EIGHT BRANCHES OF AYURVEDA

The eight branches of Ayurveda are:

- **Kayacikitsa (Internal Medicine)**- General medicine, medicine for the wellness and treatment
- **Kaumara-bhrtya (Pediatrics)-** The treatment of children, Pediatrics
- **Shalyatantra (Surgery)-** Surgical techniques and the extraction of foreign objects.
- **Shalakyatantra (Ophthalmology & ENT)**- Treatment of ailments affecting ears, eyes, nose, mouth, etc. ("ENT")
- **Bhutavidya- Psychiatry-** Main deals with the **Psychiatry** problem.
- **Agadatantra-** Toxicology –
- **Rasayanatantra (Geriatrics)-** Rejuvenation and tonics for increasing lifespan, intellect and strength
- **Vajikara□atantra (Aphrodisiac)-** Aphrodisiacs and treatments for sexual diseases , enhancement of sexual pleasure, infertility etc.

1st BRANCH OF KAYACIKITSA

काय चिकित्सा नाम सर्व अंग समाश्रितानां व्याधीनाम् ज्वर रक्तपित्त सोष्ह उन्माद अपस्मार कुष्ठ मेह अतिसारादीनाम् उपशमनार्थम्। (सु.सू.१/३)

According to Sushruta, Kaya Chikitsa is a branch of Ayurveda created to address and treat diseases like jwara (fever), Raktapitta (bleeding disorders), Shosha (emaciation, tissue wasting), unmaad (insanity), apasmara (memory related disorders, epilepsy), kushta (skin disorders), meha (urinary disorders, diabetes), atisaara (diarrhea) etc. By the implication of this definition, Kaya would mean sarva anga i.e. complete body.

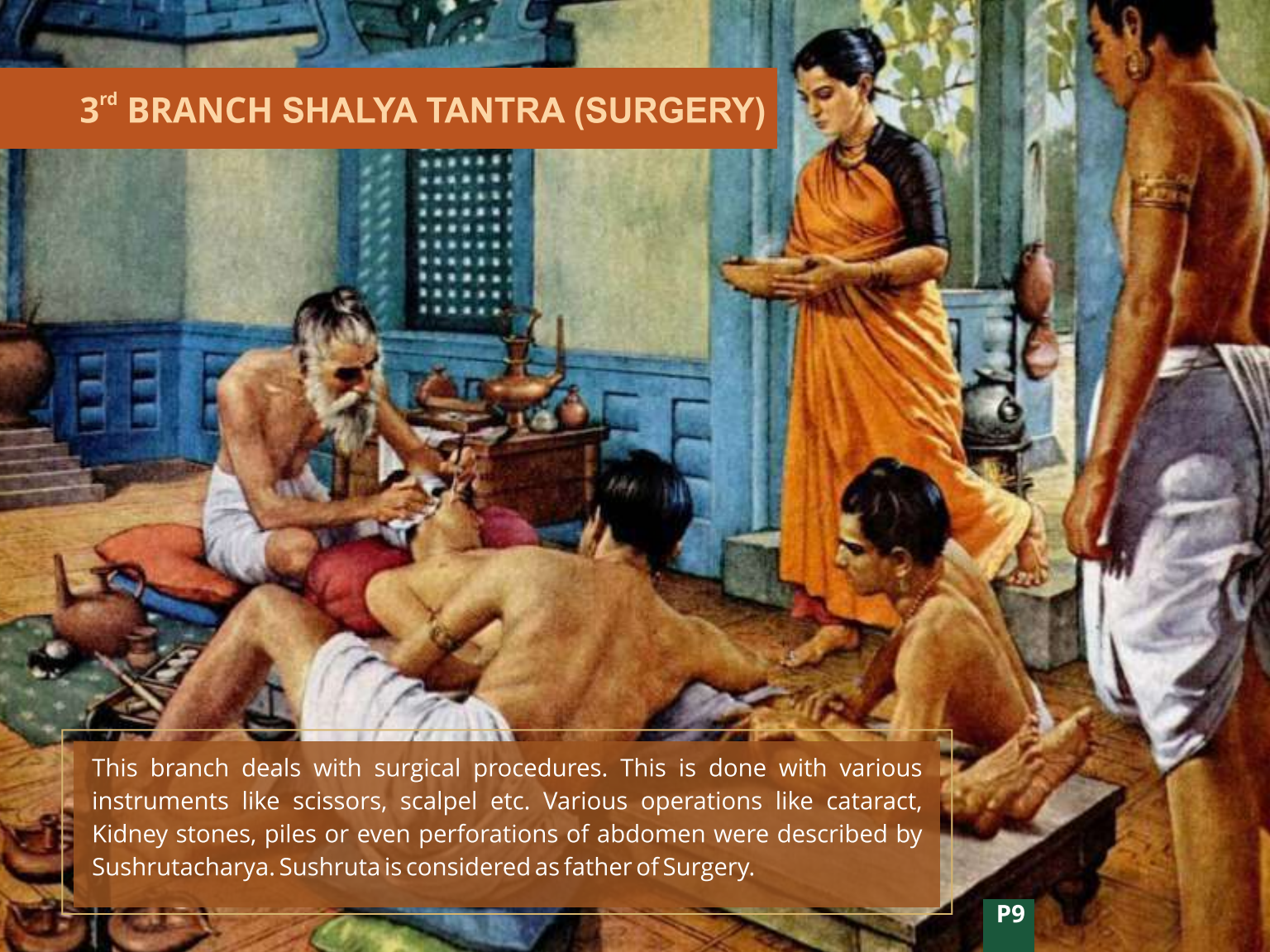
Treatment may be internal or external. Internal Treatment:-The medicines are given orally or through Sodhana i.e. eliminative procedures of Panchakarmas means five treatments which are Vamana (Emesis), Virechana (purgation), Vasti (Enema), Nasya (nasal medications) and Raktamokshna (bloodletting).External Treatment:-It involves local application of creams (lepan), lotions and ointments.

2nd BRANCH KAUMARA-BHRTYA TANTRA (PEDIATRICS)

It also includes methods of conception, age, gender, childhood diseases.To treat children three things must be remembered:-Children cannot explain their problem.Dose regimen is different for children. Medicines must be palatable. According to Acharya Harita, antenatal care and management of pueperium (end stage of pregnancy) is also included in this branch.

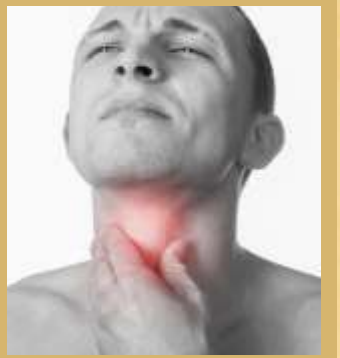
It is the branch of Ayurveda which is concerned with treatment of children. In this the care of baby and mother is discussed. This branch deals with child care and it includes diseases of children, causes of vitiation of breast milk, diseases caused by this vitiated milk and their treatment, any infection in child.

3rd BRANCH SHALYA TANTRA (SURGERY)

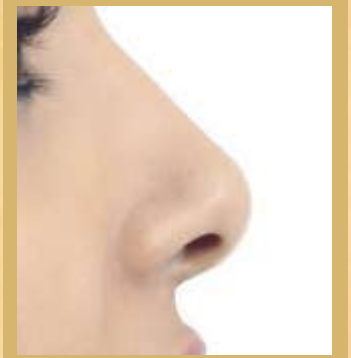


This branch deals with surgical procedures. This is done with various instruments like scissors, scalpel etc. Various operations like cataract, Kidney stones, piles or even perforations of abdomen were described by Sushrutacharya. Sushruta is considered as father of Surgery.

4th BRANCH SHALAKYA TANTRA (ENT & OPHTHALMOLOGY)



THROAT



NOSE

EAR

EYES

5th BRANCH BHUTAVIDYA TANTRA

It is the branch of ayurvedic science which deals with treatment of diseases of mind. Management of psychiatric disease like Unmada and Apasmara are also under this branch. Besides herbs, diet chart, yoga therapy, Deep-breathing, Mantra Chikitsa etc.are used

6th BRANCH AGADA TANTRA

Agada Tantra is the branch of Ayurveda that is similar to the Toxicology of modern medical science. This system of treatment is also known as 'Visha **Tantra**' that means 'Treating Poison 'CHIKITSA. This branch deals with study and treatment of toxins or poisons, toxins in animals, minerals and vegetables.

7TH BRANCH RASAYANA TANTRA (REJUVENATING HERBS)

Rasayana means rejuvenating property. It deals with various diseases associated with aging process. Its main aim is to achieve long and healthy life. It includes different aspects like longevity, memory, complexion, glow, strength of senses. By using various herbs, minerals, metals and panchkarma therapy.

8th BRANCH VAJIKARANA TANTRA (APHRODIASIC MEDICINE)

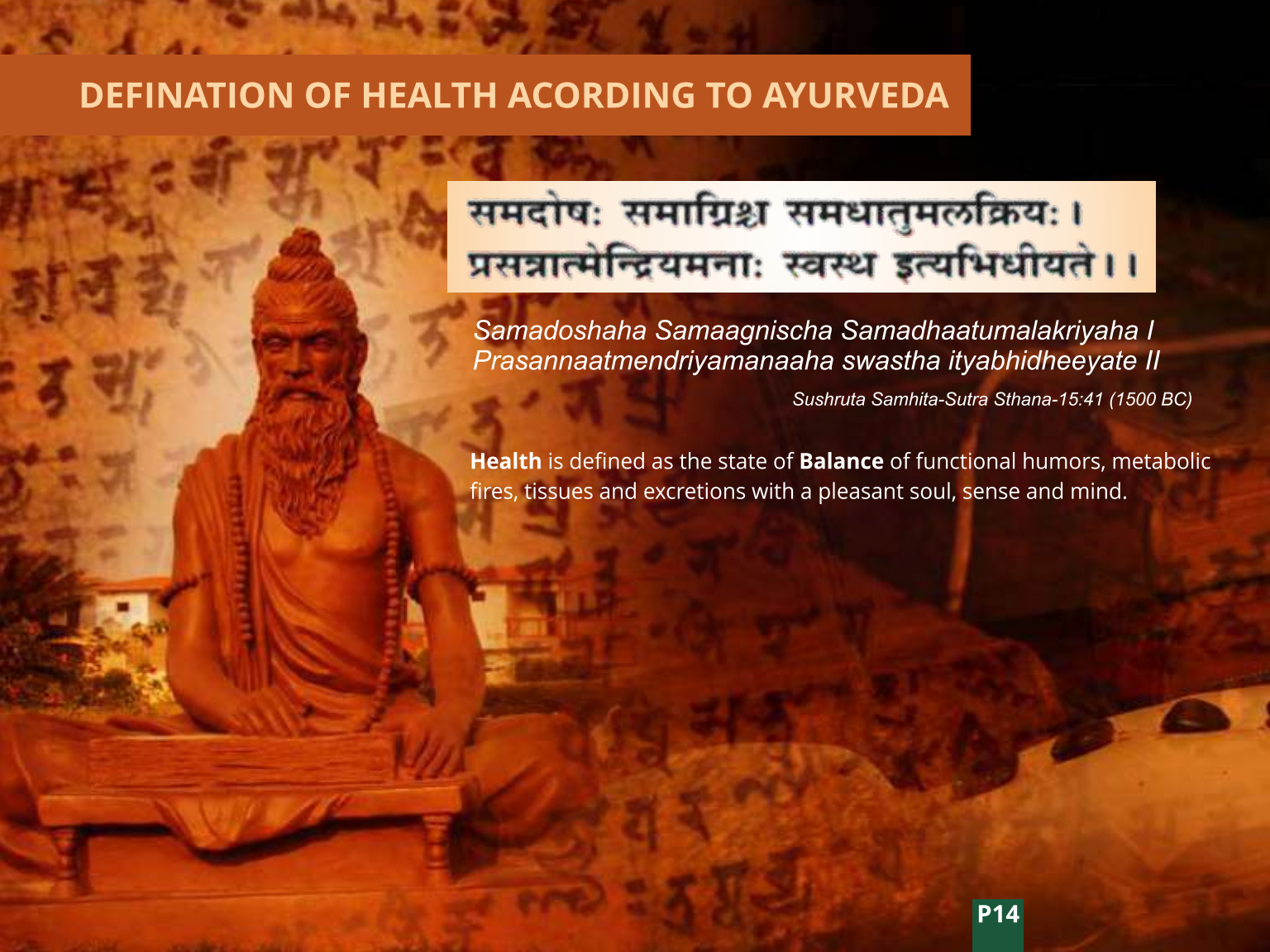
As per Ayurveda, sex is one of the important aspect of life this branch deals with pleasure and satisfaction of sex. It also deals with the diseased conditions related to infertility problem and problems with shukra dhatus or vital reproductive fluid in the body

OBJECTIVE OF AYURVEDA

"SWASTHASYA SYASTHYA RAKSHANAM, AATURASHCHA VIKAR PRASHAMANAM"

"Preservation to health of healthy person and treating ailments with different methods of treatment mentioned in ayurveda".

DEFINATION OF HEALTH ACORDING TO AYURVEDA



समदोषः समाग्निश्च समधातुमलक्रियः।
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते।।

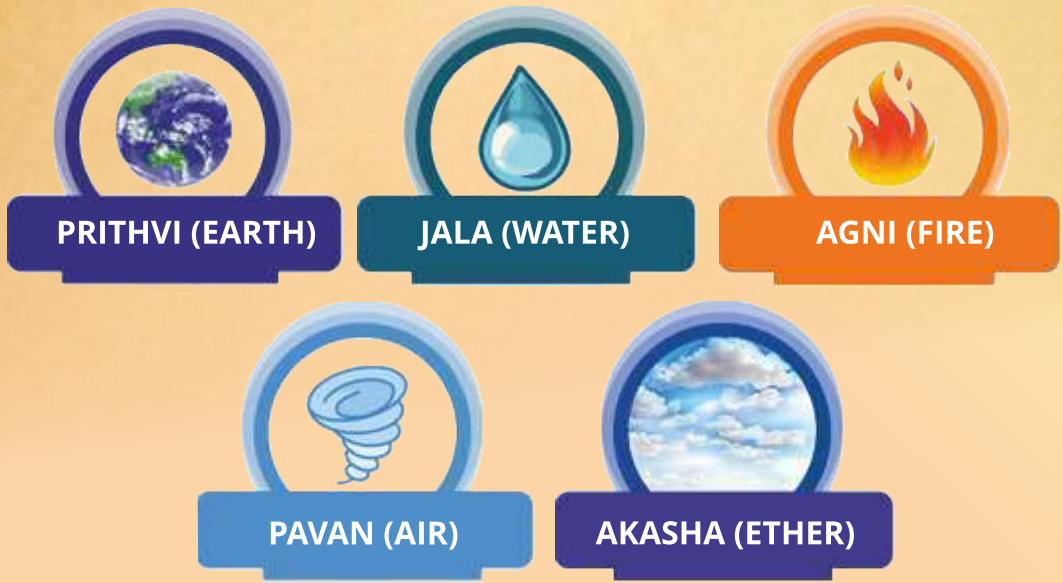
Samadoshaha Samaagnischa Samadhaatumalakriyaha I
Prasannaatmendriyamanaaha swastha ityabhidheeyate II

Sushruta Samhita-Sutra Sthana-15:41 (1500 BC)

Health is defined as the state of **Balance** of functional humors, metabolic fires, tissues and excretions with a pleasant soul, sense and mind.

The Pancha Mahabhuta

or "five great elements" of Ayurveda are:



Hence, Ayurveda advocates : Yat Pinde, Tat Bramhande

TRI - DOSHA THEORY

THREE BODY HUMORS

"Tri-dosha" Theory The central concept of Ayurvedic medicine is the theory that health exists when there is a balance between three fundamental bodily humors or doshas called Vata, Pitta and Kapha

- Every person (and thing) contains all three doshas. However, the proportion varies according to the individual and usually one or two Doshas predominate. Within each person the Doshas are continually interacting with one another and with the Doshas in all of nature.
- This explains why people can have much in common but also have an endless variety of individual differences in the way they behave and respond to their environment.

THREE BODY HUMORS

Vata : is the air principle necessary to mobilize the function of the nervous system , brain functions, sensory organs.

Pitta : is the fire principle which uses bile to direct digestion and hence metabolism into the venous system.

Kapha : is the water principle which relates to mucous, lubrication and the carrier of nutrients into the arterial system.

THREE BODY HUMORS

Vata: Air and Ether

Pitta: Fire

Kapha: Water and Earth

FUNCTION OF THE DOSHAS

VATA

Movement Breathing Natural Urges, Transformation of the tissues, Motor functions , Sensory functions ,Secretions, Excretions, Fear , Emptiness , Anxiety, Thoughts, Nerve impulses

PITA

Body heat, Temperature, Digestion ,Perception, Understanding ,Hunger, Thirst Intelligence, Anger Hate, Jealousy

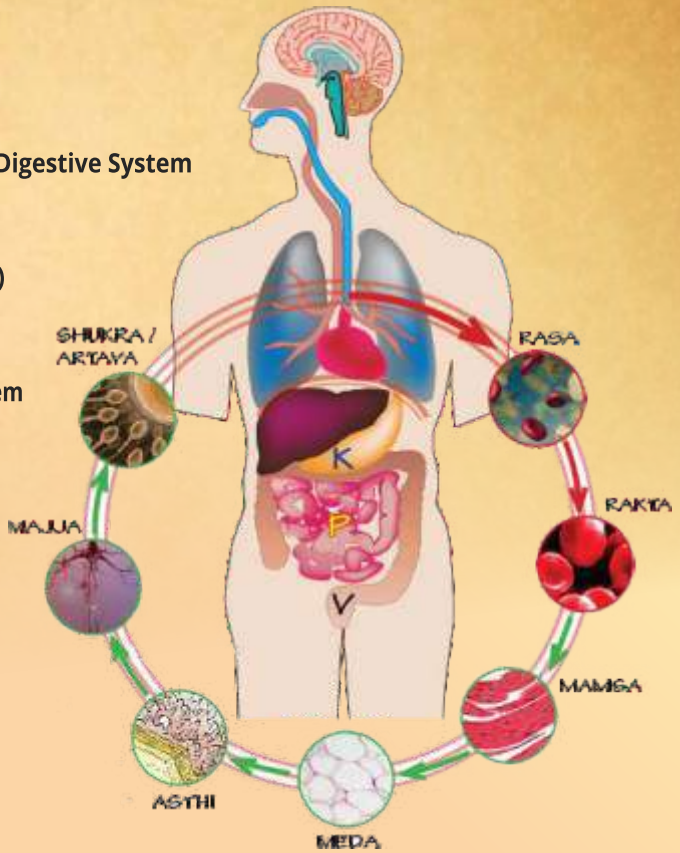
KAPHA

Stability Energy Lubrication Forgiveness Greed Attachment Accumulation Holding Possessiveness

SAPTA-DHATU

SEVEN BODY TISSUES

RASA	Final Metabolic Juice and Plasma (Digestive System
RAKTA	Blood (Blood Circulatory System)
MAMSA	Muscles and Tendons (Muscular System
MEDA	Fat
ASTHI	Bone (Skeleton)
MAJJA	Bone Marrow
SHUKRA	Semen Fluid (Reproductive System)

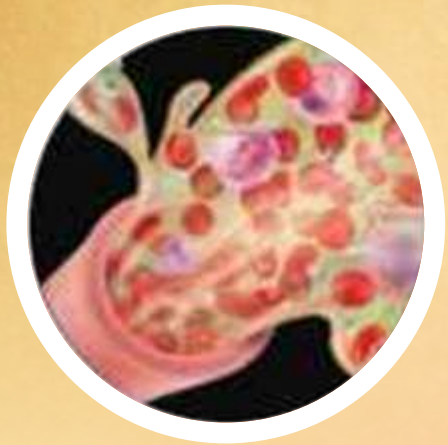


Note: In female one extra dhatu (Body Tissue) which is called "AARTAV" menstrual fluid

SAPTA-DHATU

SEVEN BODY TISSUES

AYURVEDA RASA DHATU



PLASMA | **INTERSTITIAL FLUIDS** | **LYMPH**

RASA Final Metabolic Juice and Plasma (Digestive System)

SAPTA-DHATU

SEVEN BODY TISSUES

RAKTA — Blood (Blood Circulatory System)

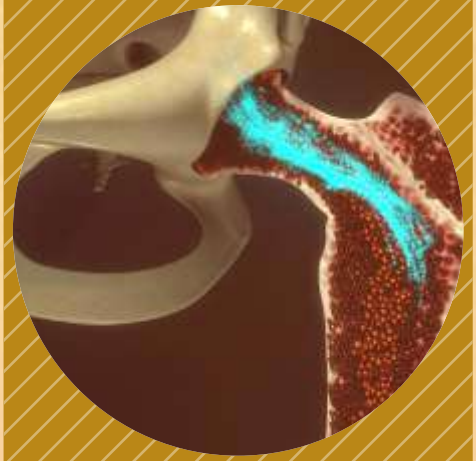
MAMSA — Muscles and Tendons (Muscular System)

MEDA — Fat

SAPTA-DHATU

SEVEN BODY TISSUES

ASTHI — Bone (Skeleton)



MAJJA — Bone Marrow

SHUKRA — Semen Fluid (Reproductive System)

MAL-WASTE

- Mal are the various waste products of the dhatus produced during the normal metabolical process. The three primary malas being Purisa (faeces), Mutra (urine) and Sweda (sweat).
- Ayurveda clearly states that only a balanced condition of doshas, dhatus and malas is arogya(good health or disease free condition) and their imbalance is the cause of ill health or disease.

AGNI DIGESTIVE FIRE

Agni in Sanskrit means fire and is used to describe all metabolic functions in our body. "A faulty fire leads to improper functioning of the tissues which in turn, creates Ama in the gastro-intestinal tract and leading to poor synthesis of tissues."

Types Of Agni, According To The Function And Site Of Action
AGNI HAS BEEN DIVIDED INTO 13 TYPES ACCORDING TO THE FUNCTION AND SITE OF ACTION:

Jatharagni – One Agni present in the stomach and duodenum.
Bhutagni – Five Agni from five basic elements.
Dhatwagni – Seven Agni present, one in each of the seven dhatus (tissues).

CONCEPT OF PRAKRUTI

- According to Ayurveda, basic constitution is determined at the time of conception. This constitution is called Prakruti.
- The term Prakruti is a Sanskrit word that means, "nature," creativity," or "the first creation." One of the very important concept of Ayurveda is that one's basic constitution is fixed throughout his lifetime.
- The combination of Vata, Pitta, and Kapha that was present in the individual at the time of conception is maintained throughout his lifetime.

KNOW MORE ABOUT YOUR PRAKRITI (BODY TYPE)

What is PRAKRUTI (Consistuency)

According to Ayurveda, Prakriti or the characteristic personality of an individual is determined by a combination of the three Doshas – Vata, Pitta and Kapha. An individual's health, diseases, cure for any disease etc are governed by these three doshas. It is the combination of these three doshas that makes a person different and peculiar from others.

According to Ayurveda following are the factors, which determine the prakriti of the foetus:

- Time and season during the conception.
- Doshic dominance in the uterus.
- Condition of the sperm and ovum.
- Maternal food and lifestyle.

Types of Prakriti

- Prakriti is of two types:
- Sharirika prakriti
- Manasika prakriti

KNOW MORE ABOUT YOUR PRAKRITI (BODY TYPE)

There are seven types of sharirika prakriti based on permutation and combination of doshas:

There are seven types of sharirika prakriti based on permutation and combination of doshas:

- Vata prakriti
- Pitta prakriti
- Kapha prakriti
- Vata-pitta prakriti
- Pitta-Kapha prakriti
- Kapha-vata prakriti
- Tridosha- Vata pitta kapha prakriti

AYURVEDA BODY TYPE ANALYSIS-PRAKRUTI PAREEKSHA

	VATA	PITTA	KAPHA
Body Frame	Thin, lanky, Skin with thin muscles	Medium, Symmetrical with good muscle development	Stocky, round, broad or large
Weight	Lose weight easily	Constant weight	Gain weight easily
Chest	Sunken, ribs showing	Medium Chest	Broad, large chest
Hips	Slender, thin hips	Medium hips	Wide, Heavy Hips
Schedule	Irregular schedule/eating times	Long workday	Good at keeping a routine
Sleep	Light sleeper	Sleep well average length	Sleep deep & long, trouble waking up
Appetite	Irregular/small appetite	Strong hunger	Steady, moderate appetite

Features	Vata	Pitta	Kapha
Physique	Lean built	Moderately built	Well built
Complexion	Dark	Yellowish Wheatish-fair	Very fair
Skin	Dry and rough	Oily, smooth and with more freckles	Soft and smooth
Hair	Thin, brittle, dry	Straight brown, gray oily hair	Long, thick, dense black hair
Teeth	Protruding, crooked with thin gums	Medium, yellowish teeth with soft gums	White teeth with strong gums
Nails	Thin and brittle	Soft and pink	Thick and white
Cheeks	Sunken	Flat	Plump
Lips	Cracked, black or brown	Smooth and red	Soft, pale or whitish
Appetite	Irregular	Strong	Low
Digestion	Irregular	Quick	Slow
Liking towards taste	Sweet, sour and salty	Sweet, bitter and astringent	Pungent, astringent and bitter
Bowel movements	Hard and constipated. More prone to flatulence	Loose	Moderate-solid
Activity level	Always active	Moderate	Slow, sluggish and sedentary
Memory and intellectual level	Quick in grasping and poor memory	Moderate	Slow in grasping with very good memory
Emotions	Fearful and anxious	Short tempered	Cool and calm
Sleep	Little and disturbed sleep	Moderate and good sleep	Prolonged and very sound sleep
Speech	Fast and irrelevant	Sharp	Commanding and clear

TRYO STAMBH (THREE PILLERS)

AYURVEDA

Food (Diet)

Life Style
(Seasonal regimen
(Ritu Charya)
and daily regimen
(Din Charya),
Biological Clock

Sleep
(Mental Wellness)
- Nidra

ROLE OF AYURVEDA FOR WELLNESS

- If one follows basic principles of ayurveda which includes diet lifestyle , biological clock.

- A good sleep pattern according to ones prakriti and takes some herbs & herbal supplement according to his / her life style, body type and season then can live healthy and disease free life.

- Due to present day diet, lifestyle, stress we are not able to follow above said things strictly and five sensory organs (tongue-: taste), Eyes: over utilization, Ear- Noise pollution & high sounds, Nose- Air pollution , different type of chemicals , Skin- Touch , Chemical Products , Surgeries.

- Due to above things we invite different diseases. To treat and to manage these disease ayurveda has so many herbs , herbal combinations, herbo mineral combinations mentioned in ayurvedic books written by different ayurvedic scholars like Maharishi Charak, Maharishi Susrut, Maharishi Vaghbhat and many others.

WAYS OF TREATMENT IN AYURVEDA

Ayurvedic Medicine (Pacification)

Herbs, Herbs Juices, Herb Powder, Herbal Extract Capsule (Satav), Syrup, Kwath, Arisht, Ashav, Pishti, Bhasam, Kshar, Vatti, Ras Aushadhi, Ghrit, Lehas.

PANCHKARMA

(Purification & Detoxification)

SNEHAN

Oleation Therapy

SVEDAN

STEAM THERAPY

VAMAN

EMESIS THERAPY

VIRECHAN

PURGATION THERAPY

BASTI

ENEMA THERAPY

AYURVEDA SURGERY

Kshar Sutra For piles & fistula

Modern surgery is also gifted to the world by the renowned ayurveda guru maharishi sushrut who is well known surgeon of ancient time and who is even doing successful plastic surgery like rhinoplasty, organ transplant, eye surgeries without anesthesia & antibiotics.

MYTHS ON AYURVEDA MEDICINE

SLOW HEALING

Ayurveda medicine working on root cause on different parameter and secondly patient comes with chronic illness that's take some time but heals properly without any side effects.

Ayurvedic Medicine Contains Heavy Metal & Poisonous substances

This is wrong myth, In Ayurveda we use each and every thing which is available in nature to heal diseases and to prevail health. In Ayurveda books there is mention a proper way of purification of these herbs, metals, minerals, poisons etc to use them as a medicine in appropriate dosages according to Prakriti (body), Desh (Country/region) and Kaal (seasons) and lots of study also done on that.

CONCLUSION

Balanced Doshas (humours), healthy Agni, a good state of tissues and their metabolic end-products lead to a balanced state of the senses, mind and spirit all of which lead to health. If some one falls ill ayurveda has different herbs & herbal combinations, panchkarma to heal from root.

We conclude that ayurveda is for healthy living or to maintain health without any bad effects on our body and is nature friendly..

ABOUT PANCHKARMA THERAPY IN AYURVEDA:

Panchakarma ("panch" means five and "karma" means treatment) is a five-fold ayurvedic therapy which aims at cleansing the Doshas and toxins from the body for a complete detoxification.

Panchakarma is not only for **detoxifying** the body, but also for rejuvenation — strengthening the immune system, and restoring balance and well-being. It is one of the most effective healing modalities in Ayurvedic Medicine.

How Panchkarma Works :

Disposal of metabolized products happens in each living being. Human body is an intricate kind of machine, which has a great many capacities: – majority of them are voluntarily controlled and few work involuntarily. A0 large number of cells in the body are working day & night to deliver vitality and to look after life. In this procedure lot of wastes are created at the level of cells.

Aggregation of few toxins is the natural process of the body as a consequence of different metabolic exercises, which the body performs automatically. Certain poisons still stay in the body creating numerous illnesses, when their amount increases past a certain level. Unless these wastes are removed from the body they tend to stick into minute channels called as "srotas" and begin creating disease. Consequently to remain healthy, it is important to dispose of wastes from these channels.

To realize harmony in the body, Ayurveda recommends Panchkarma – a corrective line of treatment that works in the standards of ***Shodhana Chikitsa*** (purification procedure).

Panchkarma medications have been appeared to make measurable brain wave coherence and to bring down metabolic activity. They permit the body and brain to drop into a significant level of peacefulness. In this condition of unwinding, it is possible to cleanse toxins from tissues as well as to release deeply held emotional tensions. This is how panchkarma works.

MAIN BENEFITS OF PANCHAKARMA

- Panchkarma is profoundly relaxing and soothing.
- Panchkarma cleanses the aggregated toxins of the body.
- Panchkarma advances life span.
- Panchkarma discharges the negative impacts of anxiety and strain.
- Panchkarma restores your body's natural balance.
- Panchkarma gives a revival to body, mind and soul.

Who should get Panchakarma?

Panchakarma is both a safeguard support program for your brain and body and in addition a treatment for unending wellbeing issues. Each Panchakarma regime is customized according to persons' requirements. A portion of the treatments may be included, some dropped or stretched out according to the need (please see the points of interest of different methodology incorporated into Panchakarma). As a preventive health measure, Panchakarma is recommended for each individual once a year – man or woman, young or old, healthy or sick. As a treatment, Panchakarma is prescribed for individuals who work in high stress situations, or have sporadic dietary patterns or those affected from different chronic ailments on “as required” basis. This is how panchkarma works.

PANCHKARMA THERAPIES

ABHYANGA (Full Body Massage)

An oil massage with many advantages.

- It infiltrates the tissues, increases circulation and liberate toxins.
- Greases up and shields tissues from harm.
- Quiets the nerves and soothes the skin.
- Opens the pores and eases agony and strain in the muscles and ligaments.
- Removes blockage in subtle vitality channels.

Duration: 45 Mins – 60 Mins

SHIRODHARA

Warm sesame oil streamed over the forehead – significantly calming.

- Balance the sensory system
- Decreases anxiety and uneasiness
- Mind gets to be calm
- Enhances hearing and vision
- Life gets to be peaceful & more enjoyable

Duration: 40 Mins – 60 Mins

PANCHKARMA THERAPIES

NASYA

Herbal oil nasal drops proceeded with a facial massage. An important step in removing toxins from the tissues over the neck.

- Sharpens sense organs
- Prevent infections over the neck e.g. sinus issues, headaches, TMJ.
- Prevent cerebral pains, neck stiffness
- Fortifies joints of the scalp and face
- Improves skin texture and avoid wrinkles
- Prevents early graying, balding, hair falling
- Enhances voice clarity

Duration: 20 Mins – 30 Mins

SWEDANA (Steam Bath)

A Therapeutic application of heat to distinctive parts of the body.

- It opens the pores and moves the poisons out of the body through sweat.
- It dilates the body's vitality channels, and uproots blockage.
- Diminishes coldness, stiffness, and pain in the tissues.
- Loosen toxins

Duration- 10 minutes- 15 Minutes

PANCHKARMA THERAPIES

BASTI (Enema Therapy)

Nourishing oil and sanitizing herbal decoction enemas. Utilized alternately every day, and produce 50-80% of the benefits of Panchakarma therapy.

- Loosens the poisons
- Sanitize colon and strengthen colon muscles
- Improves absorption of food
- Balances root energies in the body
- Prevents constipation, hemorrhoids, chronic pain & fatigue.
- Rejuvinate body

Duration: 10-15 Minutes

Virechan Karam

Virechana is the administration of purgative substances for the cleansing of pitta through the lower pathways. Give virechana 3 days after vamana. If vamana is not indicated for a particular individual, then give virechana. In either case, it is necessary to first do 3 days of internal oleation, and preferably both snehana (oleation) and svedana (sweating), which are purva karma. Virechana cleanses blood toxins, the sweat glands, kidneys, stomach, small intestine, colon, liver, spleen, and rakta vaha srotas.

Benefits:

- Very effective therapy to flush out all toxins from the body.
- Very beneficial therapy to rejuvenate the tissues and strengthens the body.
- Very effective treatment for liver disorder, Digestive disorder, Hyper acidity and constipation.
- Also very effective in skin disorders like psoriasis, Vitiligo, Herpes, Paraplegia and Hemiplegia etc.
- It is very beneficial to increase the sexual stamina and libido.

Vaman Karam

Vaman is one of the main therapies of panchakarma in Ayurveda. Vaman means therapeutic vomiting which is a medicated emesis. This treatment is done for the aggravated kapha dosha, which dislodges the toxins mainly from the respiratory and gastrointestinal tract. This therapy is also done for preventive & curative purposes. Ayurveda believes that different seasons have a great influence in the aggravation of doshas, ex: Kapha in hemant (spring season), pitta in Sharada(winter)season and vata in greeshma(summers) season. Hence one can adopt Vaman therapy in Spring i.e hemant season as a preventive therapy in order to prevent disorders related to kapha.

Benefits:

- Lightness in the chest is often experienced after undergoing the vaman therapy.
- People analyse things more efficiently, promotes good voice and good appetite.
- In ancient days vaman was said to be given to one, after consumption of poison or food poisoning which is today followed by stomach wash in modern science.
- After vaman, the sinuses are cleared which in turn provides relief from congestion, wheezing and breathlessness.
- It is a highly efficient treatment in Asthma and skin related problems like psoriasis. Reduction in weight and cholesterol & triglycerides.

How long is a Panchakarma treatment?

Ayurvedic specialist will arrange Panhkarma treatment just according to the wellbeing state of patient, Normally Treatment based Panchakarma is a 7 day program. Every day, a man undergoes different therapies, which keep on going for around 2-3 hours consistently. However relying upon the need, Panchakarma can likewise be a 14 or 21 day program which is decided by the individual's health condition.

AYURVEDA TRAINING PROGRAM BY DEEP AYURVEDA

DEEP AYURVEDA offering ayurveda clinical training program for the person or ayurvedic doctor/Health professional, who want to learn the basic principle of Ayurveda. It is a skill development program with the primary focus on the way how we can stay healthy and how we can treat a lifestyle-related disorder or chronic disease. It's a complete practical training in Ayurveda especially for fresher ayurvedic doctors, Naturopath, Yoga Instructor or any individual.

Main objectives of Training Program

- To provide the detail education about basic principle of ayurveda & panchkarma treatment.
- The main objective of clinical program is to strengthen the clinical skills of Ayurvedic Graduates or any individual who want to adopt Ayurveda to stay healthy or looking it as profession.
- To educate with practical knowledge and skills to setup & running a Ayurvedic wellness centre.
- To provide in-depth training on monitoring and management of Ayurvedic treatments.
- To identify and answer the major challenges during ayurvedic practice.

Main Highlights of Training Program:

Customized courses -based on your interest and requirements.
Course for every one- we offer tailor made programs for non-medical people as well as health professionals.
One to one teaching pattern- classes conducted in small groups or on a one to one basis (if preferred) in order to fulfil personalized training needs.

Duration of Training: Training Program Duration is for One Week
Timing : As per the available time schedule

Few Simple Routines for Healthy living

1. **Wake up and sleep early:** Wake up with the sun and go to bed early. During the early hours, Sattvic quality is high in nature. Waking up early calms your mind and helps in maintaining a balance in your doshas. People who wake and sleep early also have strong digestion and are more organized.
2. **Clean Up:** Brush your teeth and scrape your tongue. Do oil pulling by swishing a little sesame oil in your mouth for five to ten minutes. This helps in improving your oral health and killing bacteria in your mouth.
3. **Keep your bowels clear**: Maintaining regular bowel movement helps in preventing diseases. For clear bowel movements, you can take a glass of lukewarm water with a teaspoon of ghee at night or take Triphala churna before going to bed at night.
4. **Meditate:** Make a habit of meditating for 15-20 minutes every day. This will help you to gather your thoughts for the day and establish a sense of calm to fight challenges all day long.
5. **Allow 4-5 hours in between meals:** Keep a gap of four-five hours in between your meals. Eating before the proper digestion of a previous meal leads to formation of ama (toxic material). Eat only when you are hungry. You can also chew a piece of ginger with a pinch of salt along with a cup of lukewarm water to whet your appetite.
6. **Do self-massage (Abhayanga) at least once a week**: Rub warm oil over the head and body. Gentle, daily oil massage of the scalp can bring happiness, as well as prevent headache, baldness, graying, and receding hairline. Oiling your body before bedtime will help induce sound sleep and keep the skin soft.
7. **Eat mindfully:** Cut off distractions when eating meals. Watching TV or playing with your mobile phone while eating prevents your body from digesting the food well. Digestion begins in the mouth, so chew your food well before swallowing. If possible, sit in the Sukhasana pose (cross-legged) on a cot on the ground for your meals. Practise Vajrasana for five minutes after meals to aid digestion.
8. **Know your constitution**: Take the Vata Pita and Kapha test to know your constitution. People often become ill when they take lifestyle choices against their constitution. Making choices according to your constitution helps you stay healthy.

9. **Eat light, eat fresh:** Always eat freshly prepared food that is light and easy to digest. Stale, frozen or old foods are unhealthy. Do not drink cold water in between meals, if necessary you can sip on buttermilk.
10. **Apply what you can eat:** Instead of applying harsh chemicals on your skin and hair, apply things that you can eat. Amla and neem are good for healthy hair while turmeric, chandan and aloe vera are good for the skin.
11. **Regular Use of Herbs:** In these days we cannot eat or live on very strict diet so better if we regular use some herbs in our daily routine like: ashwagandha, curcumin, tulsi, neem, amla, giloy or as advised by your herbal consultant. These herbs are very good for health and to detoxify the body.

Note: Objective of this book is to give the brief information about the basic principles of Ayurveda- The Science of life. Although the information contains in this book is based on reference of ancient ayurveda books & ayurvedic principles practised for thousands of years, it should not be taken or construed as standard medical diagnosis or treatment. For any medical condition , always consult with a qualified ayurevdic consultant/ Physician.

"The purpose of Ayurveda is to protect the health of the healthy and to alleviate disorders of the diseased"

Charaka Samhita

Courtesy By:

DEEP AYURVEDA®

For Healthy Living

DEEP AYURVEDA

Head Office: Plot No-D-27, Ind. Area, Phase-1, Mohali (India)

Ph: +91-172-5099999, 5099899, +91-9216582020

Email: info@deepayurveda.com | **Website:** www.deepayurveda.com

@deepayurveda

DEEP AYURVEDA WELLNESS & PANCHKARMA CENTRE

(A Unit of DEEP AYURVEDA PTY LTD)

55, Tolosa Street, Glenorchy- Hobart- 7010, Tasmania (Australia)

Ph: +61-361709248, 0469393187

Email: info@deepayurveda.com.au | **Website:** www.deepayurveda.com.au